

# EXAM SURVIVAL GUIDE FOR PARENTS



## 11. PRAISE

Keep praising and encouraging their efforts!

## 12. FEED THEIR BRAIN

Try to ensure that your child eats and drinks nutritious food. Fresh fruit, veggies, cereals, grains, nuts and proteins are all good for the brain and blood sugar levels. Keep the fridge full of healthy snacks, and make sure they have breakfast on exam days!



## 13. KEEP THEM HYDRATED

Provide alternatives to caffeine drinks, have decaff options. Encourage lots of water, hydration really helps the brain.

## 14. WISH THEM LUCK!

Leave them a note or card wishing them good luck. Call, text, email to find out how they are getting on.



## ABOUT US

We support schools, colleges and universities across the UK and Europe with innovative ways to inspire a love of learning and raise achievement. Our high-impact, evidence-based study skills, literacy and numeracy, resilience and aspirational programmes aim to improve students metacognitive skills, confidence, self-esteem and ultimately, exam results.



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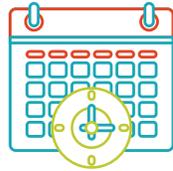
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Preparing for and sitting exams can be very stressful for everyone in the family. As a parent you can really help your children through this time, just by being there for them and encouraging them to talk about their feelings and fears. Here are a few ideas to make exam time more bearable!

### 1. MAKE A REVISION TIMETABLE

Help your child draw up a weekly revision plan in conjunction with their exam timetable. Keep it somewhere visible so everyone can see it.



### 2. BE REALISTIC ABOUT REVISION

Short study periods of 30-40 mins are best, with regular 5-10 min breaks, and allow some fun things that they want to do; watch TV, see friends. This will help to maintain the work / life balance.

### 3. CREATE A STUDY SPACE

Make sure there is a comfortable place for your child to work. If they can't concentrate, they can't be expected to learn very well. Some children need a completely quiet room, others study better listening to music. If they share a bedroom or have to work in the family space, give them "red time" where siblings (and you) can't bother them!



### 4. PROVIDE A CALM ENVIRONMENT

Try to make home life as calm and pleasant as possible. Don't get drawn into arguments and negativity. Remind others in the home that your child may be under pressure, and they should make allowances.



### 5. MOTIVATION - KEEP THEM ON TRACK!

*"Motivation is like food for the brain. You cannot get enough in one sitting. It needs continual topping up."*  
**Peter Davies**

Every child is unique and some may need more motivation than others. Schedule small and frequent rewards for the effort they are putting in. The end of the exams can be celebrated with a treat everyone can look forward to.



### 6. GIVE THEM A BREAK!

Be lenient and understand lost tempers and moodiness. The ChildLine National Exam Stress Survey said that 96% of 1,300 students surveyed felt anxious about exams and revision.



### 7. BE AVAILABLE



Being available, supportive and reassuring will go a long way to help build your child's confidence and contribute towards alleviating any worries, concerns or anxieties they may have. Tell them that they CAN do it! Remind them that it is never too late to study, revise or ask for help.

### 8. STRESS

Watch to see how your son/daughter is coping with and managing their stress. If they seem very stressed ask how you can help. Sometimes it's just enough for your child to talk things through. Actively listening can be a great support to them. Schools often have counsellors available, so check with your child's school.



### 9. FRESH AIR



Encourage them to go out for a walk, run or do some other exercise. Exercise releases endorphins, which are the feel good hormones, just what they need to help with exam stress.

### 10. SLEEP

Ensure they have plenty of sleep, especially on the day before the exam, 7 to 9 hours is ideal. Research has shown how a good night's sleep improves learning and memory.

